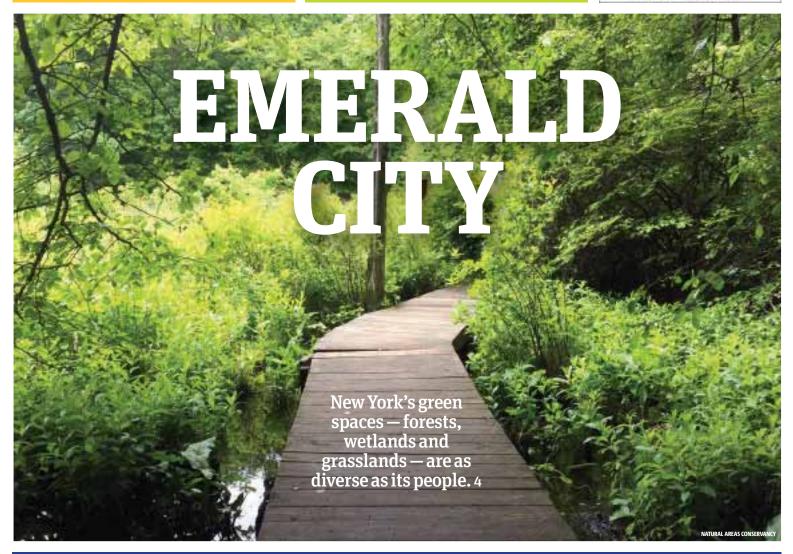


Office etiquette lowdown. 28

Rick Fox talks eSports, NBA Finals. 30





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CALIFORNIA BRUSH FIRE THREATENS HOMES, PROMPTS EVACUATIONS

A brush fire outside Los Angeles was threatening thousands of homes and has prompted mandatory evacuation of local residents, authorities said. The 200-acre brush fire in Calabasas, a small Los Angeles County city some 10 miles inland from the Pacific Ocean and about halfway between the Malibu and Santa Monica, was reportedly triggered when a vehicle hit a utility pole, downing power lines. Several homes were damaged, fire officials said, and mandatory evacuations were ordered for some Calabasas residents as about 250 firefighters battled to contain the blaze. Helicopters and air tankers were also brought in to make water drops. CNN quoted Calabasas city manager Tony Coroalles as saying that 3,000 homes had been evacuated. REUTERS

MILITARY IDENTIFIES FORT HOOD SOLDIERS KILLED IN TEXAS FLOODS

The U.S. military released the names of eight of nine soldiers who were killed this week when their vehicle overturned in flood waters in Texas. The soldiers died when their military vehicle flipped over in a flood-swollen creek on Thursday at Fort Hood Army post in central Texas. Three survivors were released from hospital on Friday. Among those killed were Staff Sergeant Miguel Angel Colonvazquez, 38, Specialist Christine Faith Armstrong, 27, Private First Class Brandon Austin Banner, 22, Private First Class Zachery Nathaniel Fuller, 23, and Private Isaac Lee Deleon, 19. Private Eddy Raelaurin Gates, 20, Private Tysheena lynette James, 21, and Cadet Mitchell Alexander Winey, 21, also died in the accident, the circumstances of which remain unknown.

SYRIAN AND RUSSIAN AIRCRAFT STEP UP BOMBING OF ALEPPO CITY

Nearly 50 air strikes hit rebel-held areas in and around the Syrian city of Aleppo on Sunday in some of the heaviest recent raids by Russian and Syrian government aircraft, residents and a monitoring group said. The group, the Syrian Observatory for Human Rights, also said an unidentified war plane had crashed in countryside south of Aleppo, in an area where Islamist rebel fighters are battling the Syrian army and Iranian-backed forces. It had no information on what caused the crash. A civil defense worker said at least 32 people were killed in the rebel-held parts of the city during the air strikes, with 18 bodies pulled from flattened buildings in the Qatrij neighborhood, the worst hit. REUTENS



SEVERE STORMS/ TROPICAL STORM COLIN?

A line of severe storms swept through the Northeast Sunday evening with damaging winds, reports of hail and numerous lightning strikes, the deadliest weather phenomena on the planet.

Hundreds of severe thunderstorm watches and warnings were posted throughout the Northeast along with marine warnings up and down the Northeast and Mid-Atlantic shorelines.

The severe system is now off the coast with a return to beautiful sunfilled tranquil weather conditions Monday. Boston never made it into the warm, unstable

JOHN
BOLARIS
@weathersavior

wedge of air, so it remained cool on Sunday with plenty of rain, fog and mist. The hardest hit area Sunday was across Pennsylvania.

Next up is a newly formed tropical system. As of Sunday night it was nearing tropical storm status. The tropical system was emerging into the southern Gulf of Mexico and should become the third named storm this season.

I'm anticipating by the time you read this you will be hearing about newly formed Tropical Storm Colin. Colin should pick up speed and most likely strike somewhere near Cedar Keys on the west coast of Florida, north of Clearwater late Monday. Right now, projected intensity is forecast to max out at 60 mph. Long-range models are indicating that Colin should buzz off the Southeast coast late Tuesday and then move out to sea by Wednesday.

The good news is the rest of the work week or vacation week (you lucky dog) looks great!

New York

Monday: Sunshine, warm wind, 85.

Tuesday: Afternoon or evening storm, 82.

Wednesday: Late storm, cooler. 73.

Thursday: Mostly sunny, 74.

Friday: Sunshine, 80.

Saturday: Scattered storms, 79.

Sunday: Mostly sunny, 77.





the world, but a new report reveals that the Big Apple's unique diversity doesn't stop with its residents.

Natural Areas Conservancy — a nonprofit which works in close partnership with the city to preserve and promote ecological diversity and resilience - has revealed that following a two-year study, researchers discovered that across the five boroughs there is a large diversity of nature.

Through 2013 and 2014, the group led a comprehensive assessment — one of the largest studies of its kind in the country — of 10,000 acres of forests, wetlands and grasslands in 51 park spaces throughout the city.

A key finding revealed that nature in New York City is more diverse

than people think might with areas including 2,100 species of plants and trees, 350 species of birds, 200 species of native bees and 180 species of rare animals.

"One of the things we would really love to highlight is New York City is incredibly diverse," said Sarah Charlop-Powers, executive director for the Natural Areas Conservancy. "We know there is a very diverse human population but we found our natural world is incredibly diverse, too."

The nonprofit's assessment found that the city's forests, wetlands and grasslands represent an area that equals 12 times the size of Central Park.

It was also found that 40 percent of the city is landscaped while 11 percent was made up of natural areas, and the city has over 500 miles of coastline.

During the study, the Natural Areas Conservancy also interviewed thousands of New Yorkers to see how the natural areas are used. Three out of 10 New Yorkers said that they tend to go to parks for peace and quite but others go to hike, run, jog, bird watch, walk their dogs and more.

Even as citygoers, Charlop-Powers said the group was surprised to hear that a lot of people

voiced how important it was for them to head to their parks.

She added that although there is this idea that a lot of New Yorkers tend to leave the city to go experience the outdoors in other places, many decide to stay and explore their own city.

The study also found that a lot of New Yorkers tend to travel long distances - with most traveling more than one mile — to get to parks in the outer boroughs.

"When they want to have an experience in the natural world, they actually stay in the city and go to their parks,

To highlight the findings of the report and allow New Yorkers to have a more hands-on approach, the Natural Areas Conservancy has revamped their website (naturalareasnyc.org) to feature an interactive map showcasing all the diverse natural areas across the city and "cool things to see."

The site also includes GIFs highlighting results; brochures and pocket guides to encourage New Yorkers to visit spaces nearby; and opportunities to find out about events such as walking tours, lectures and volunteer openings.

And along with in-

creasing awareness of the city's natural world and encouraging others to get involved, the Natural Areas Conservancy is currently using the report's findings to begin trail and forest restorations at parks across the city.

here's more to the city than crowded urban spaces, like 10,000

acres of greenspace and nature. ALL PHOTOS NATURAL AREAS CONSERVANC

"We are excited to spread the news and also use it ourselves to make the restorations," Charlop-Powers said.

The Natural Areas Conservancy will be hosting an event at the REI SoHo store on June 23, where it will provide information on different parks and also encourage people to sign up for future events or volunteer opportunities.



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Metro New York, MTA revamp newspaper distribution plan at subway stations

We have new racks, but hand promoters will still be used with increased presence in other key locations.



Metro New York and the Metropolitan Transportation Authority have announced an agreement that will allow Metro to be distributed inside subway stations using newly designed racks.

Following years of planning, an agreement has been made between Metro New York and the MTA that allows the free daily newspaper to be made available inside subway stations across New York City.

The new distribution plan — similar to those used in London, Stockholm and Hong Kong — comes after a successful three-year pilot program that used 42 racks at eight subway stations.

"I am excited about our distribution agreement with the MTA,



BESS ADLER

which will bring mutual benefits to both organizations and New Yorkers," said Yggers Mortensen, CEO of Metro US. "A strong partnership with the transportation authority is how Metro was started 20 years ago in Stockholm. Across the world, it has proven to be the most effective way

to distribute free dailies in large metropolises and the preferred way for commuters to grab their daily paper. We are glad to finally introduce the model to New York for the benefits of our readers and advertisers alike."

Subway riders will now be able to grab a

copy of the Metro newspaper at 100 stations, with a total of 285 Metro racks expected to be installed this summer.

The racks — which can hold up to 700 papers — will give readers the opportunity to pick up copies of Metro New York throughout the entire day, regardless of

the weather.

"This is a great opportunity for our advertisers. Distributing within the MTA network is the fastest route to reach our commuter target audience in New York," said Ed Abrams, Metro New York associate publisher.

Even though newspapers will be available on the racks, Metro will still be using hand promoters at other key city locations such as Herald Square, Lower Manhattan, Port Authority, SOHO and beyond.

"Hand promotion will continue to be a key ingredient in Metro's distribution," Mortensen said.

Live in an 18th century sea captain's home for \$1.95M

Between the skyscrapers and luxury condos, it's easy to forget how old of a settlement Manhattan is — but some of its structures date back hundreds of years.

Now there's a chance to own part of that history.

An upper floor duplex condominium located in the third oldest structure in Manhattan just hit the market for \$1.95 million, according to Douglas Elliman, which is listing the home through broker Maria Sales. Built around 1773, Elliman also said it could be the oldest residential building in the borough.

This historic town-

house, located at 273 Water St., was first home to "successful merchant seaman" Captain Rose. Appropriately, the home is located in the Financial District near the Brooklyn Bridge and not far from the South Seaport.

The building was later used as a cobbler shop, apothecary, boarding house, dance hall and warehouse, eventually being redeveloped in 1998 into four condominium apartments.

Today, the unit has been gut-renovated and modernized. On the main level, there is a large dining and entertainment space, open kitchen and full bathroom. The upper level features two large bedrooms, each with a garret window and large skylight, and six closets, including one walk-in. The upper level bathroom has a soaking tub, and there is a washerdryer.

Historic charm still remains outside, however, with a roof garden, and cobblestone street.

The building is selfmanaged by the unit owners.

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METRO.US **NEW YORK** MONDAY, JUNE 6, 2016

BRIEFS



Fire that destroyed landmark Manhattan Serbian church caused by candles

The FDNY announced Friday morning that the disastrous fire that consumed the 160-year-old Serbian Orthodox Cathedral in Manhattan last month was caused by accident.

Fire officials tweeted that the cause of the May 1 fouralarm fire was started after Easter candles were not fully extinguished.

The fire at the West 25th Street church — which was built in the 1850s and became a historic landmark in 1968 began just before 7 p.m. that Sunday just hours after hundreds of parishioners celebrated Orthodox Easter Mass.

It took firefighters about three hours to bring the blaze under control and the following day the FDNY was still extinquishing fire that was left over.

The building's caretaker

was reportedly treated for smoke inhalation and four firefighters also were treated for minor injuries.

According to the New York Post, investigators discovered evidence in the remains of the church the proved Slobodan Ljubenko, the 69-year-old caretaker, had failed to put out the candles that caused the fire.

No charged are expected to be filed, the Post reported. ANGY ALTAMIRANO



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EVENING APPOINTMENTS AVAILABLES

Here's where you can catch this year's **Fourth of July** fireworks

The Macy's Fourth of July fireworks will be seen across the East River in Manhattan, Oueens and Brooklyn.



ANGY ALTAMIRANO @MetroNewYork

The sky over the East River will once again shine bright this year as Macy's gets ready to celebrate the 40th anniversary of its fireworks show celebrating the nation's birthday.

Mayor Bill de Blasio and Macy's announced Friday that on July Fourth the Macy's fireworks dis-play will — for the third year in a row — be held over the East River, offering views along the Manhattan, Queens and Brooklyn waterfronts.

"With the fireworks lighting up the East River for the third year in a row, millions of New Yorkers will again be able to take part in Macy's electrifying July Fourth display," de Blasio said. "The fireworks will ignite the sky — and the local economy — from Queens to Brooklyn to Manhattan, as we celebrate the nation's 240th

The show — which before 2014 was held over the Hudson River and angered city residents will be positioned in midtown Manhattan on four barges located between 23rd and 37th streets; and on one double-barge under the Brooklyn Bridge in the Seaport district.

This year marks Ma-cy's 40th anniversary of putting on the Fourth of July show — which is considered the country's largest Independence Day pyrotechnic display.

"As the nation's pre-Independence Day pyrotechnic display, the 40th anniversary of Macy's Fourth of July Fireworks promises to be one for the record books," said Amy Kule, executive producer of the show.

The 25-minute show is scheduled to begin at about 9:25 p.m. and people watching the show along the shoreline are encouraged to tune into 1010 WINS-AM to hear the musical score to which the show is choreographed.

For more information on the show, visit macys. com/fireworks or call the Macy's Fireworks Hotline at 212-494-4495.

Celebrate Israel Parade





People participate in the Celebrate Israel Parade in the rain on Sunday in New York City. GETTY IMAGES

BRIEF

Memphis officer fatally hit by car during pursuit

A man accused of running over and killing a Memphis police officer while fleeing authorities has been charged with firstdegree murder, a spokeswoman for the police department said on Sunday.

Officer Verdell Smith, 46, died shortly after being hit by the suspect's vehicle around 10:20 p.m. on Saturday, according to the Memphis Police Department. He was killed while police responded to reports of three shootings in two locations. The suspect had fled by car.

The suspect, 21-year-old Justine Welch, was apprehended soon after the incident. On Sunday, police said he had been charged with multiple crimes including first-degree murder, attempted first-degree murder and evading arrest.

Jail records did not indicate whether he had an attorney.

The victims of the shootings had been hospitalized, with two initially in critical condition.

Memphis police did not immediately provide an update on their conditions.

"I am angry this morning — angry at the senseless loss of a dedicated public servant, and angry at the absolutely unacceptable level of violence in our city," Memphis Mayor Jim Strickland said in a statement posted on social media. "We must not accept this as our norm."

Smith worked for Memphis police for 18 years, the department said. REUTERS

BRIEF

Swiss reject free income plan after worker vs. robot debate

A Swiss voters rejected by a wide margin on Sunday a proposal to introduce a guaranteed basic income for everyone living in the wealthy country after an uneasy debate about the future of work at a time of increasing automation.

Supporters had said introducing a monthly income of 2,500 Swiss francs (\$2,563) per adult and 625 francs per child under 18 no matter how much they work would promote human dignity and public service.

Opponents, including the government, said it would cost too much and weaken the economy.

Provisional final results showed 76.9 percent of voters opposed the bold social experiment launched by Basel cafe owner Daniel Haeni and allies in a vote under the Swiss system of direct democracy.

Haeni acknowledged defeat but claimed a moral victory.

"As a businessman I am a realist and had reckoned with 15 percent support, now it looks like more than 20 percent or maybe even 25 percent. I find that fabulous and sensational," he told SRF.

"When I see the media interest, from abroad as well, then I say we are setting a trend"

Conservative Switzerland

is the first country to hold a national referendum on an unconditional basic income, but others including Finland are examining similar plans as societies ponder a world where robots replace humans in the workforce.

Olivier, a 26-year-old carpenter who works on construction sites and runs a small business designing and building furniture, said he voted "yes" priffes



METRO.US **10 NEWS** MONDAY, JUNE 6, 2016

Senior Republicans criticize Donald Trump's remarks on Hispanic judge

Trump has accused Gonzalo Curiel of harboring a bias against him in lawsuits involving fraud allegations against Trump University.

distanced themselves on Sunday from Donald Trump's comments about a Mexican-American judge, saying they were worried that the tone of his presidential campaign could enrage

ing U.S. voting bloc.

The presumptive Republican nominee has suggested U.S. District Judge Gonzalo Curiel's Mexican-American heritage had influenced the judge's opinion because pledge to build a wall on the U.S.-Mexico border.

Senate Majority Leader Mitch McConnell said he "couldn't disagree more" with Trump's comments about the



Donald Trump GETTY IMAGES

Affordable Housing for Rent

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2 bedroom	\$1121	31	→	2 people	1 1	\$39,840 - \$43,500		
				3 people	111	\$39,840 - \$48,960		
				4 people		\$39,840 - \$54,360		

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application by mail, send a self-addressed envelope to: Webster Commons E, 87-14 116th Street, Richmond Hill, NY 11418. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

cations must be postmarked or submitted online no later than August 5, 2016. Late applications will not be considered

What Happens After You Submit an Application?
After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envie un sobre con la dirección a: Webster Commons E, 87-14 116th Street, Richmond Hill, NY 11418. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de <u>5 de agosto 2016</u>.

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版,请将您的回邮信封寄送至: Webster Commons E, 87-14 116th Street, Richmond Hill, NY 11418. 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请

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简体中文

Чтобы подать заявление через интернет, зайдите на сайт: <u>nyc. gov/housingconnect</u>. Для получения данного объявления и заявления на русском языке отправоте конверт с обратным адресом по aдресу Webster Commons E, 87-4 116th Street, Richmond Hill, NY 11418. На задней стороне конверта напишите слово "RUSSAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **5 август 2016**.

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **Webster Commons E, 87-14 116th Street, Richmond Hill, NY 11418**으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. <u>2016년8월5일</u> 까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Aplike sou entènèt sou sitwèb <u>nyc.gov/housingconnect</u>. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **Webster Commons E, 87-14 116th Street, Richmond Hill, NY 11418**. Nan dèyè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat <u>out 5.</u>

تقدم بطلب عن طريق الإنترنت على الموقع الإكتروني <u>nvc.gov/housingconnect.</u> للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمة وعنوالله إلى: Webster Commons E, 87-14 116th Street, Richmond Hill, NY 11418 على الجهة الخلفية للمظروف، اكتب باللغة الإجهزرية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قب 5 أغسطس، 2016.











am concerned about the Hispanic vote. America is changing," McConnell told "Meet The Press." "I think it's a big mistake for our party to write off Latino Americans. I am concerned about that and I hope he will change his direction on that."

Democrats have accused Trump of racially tinged rhetoric about Latinos, including his description of Mexican immigrants as "criminals and rapists" in the speech he gave a year ago launching his campaign.

Such rhetoric has exacerbated friction between Trump and Republican party leaders such as McConnell and House of Representatives Speaker Paul Ryan. For the past few years, the party has been trying to broaden its appeal with Latino voters and senior Republicans are concerned that Trump's comments could cost the party votes, not only in the presidential race but in congressional races as well.

Former House of Representatives Speaker Newt Gingrich, who has been mentioned as a possible running mate to Trump, called Trump's comments about the judge "inexcusable."

"This is one of the worst mistakes Trump has made," Gingrich told Fox News.

Curiel was born in Indiana to Mexican-immigrant parents.

"All of us came here from somewhere

McConnell

"He is a member of a club or society very strongly pro-Mexican, which is all fine. But I say he's got bias. I want to build a wall," Trump said in an interview on Sunday on "Face the Nation."

Asked if he believed a Muslim judge would be biased against him based on Trump's call for a temporary ban on Muslims entering the country, Trump replied, "It's possible. Yes.'

McConnell said America is a nation full of immigrants - pointing out that his wife, former Labor Secretary Elaine Chao, came to the United States when she was eight and didn't speak English.

Senator Bob Corker, who chairs the Senate Foreign Relations Committee, said on "ABC's This Week" that he did not "condone the comments" that Trump made about Curiel.

Legal scholars on the right and the left have criticized Trump for attacking the judge, saying it could harm judicial independence should he become president.



Station Renewal Work



Beginning June 7, 2016, long-term service changes will begin at six subway stations along the Culver line, as part of a nine-station \$140 million station renewal project being conducted by MTA NYC Transit.

Coney Island-bound trains will not stop at: Avenue I, Bay Pkwy, Avenue N, Avenue P, Avenue U, and Avenue X. This change will remain in effect until early 2017.

Manhattan-bound makes all stops to Church Av

Coney Island-bound is available at 18 Av and Kings Hwy

Travel Alternatives:

- For service to these stations from **Manhattan**, take the Coney Island-bound **f** to **Kings Hwy** or **Neptune Av** and transfer to a Manhattan-bound **f**.
- For Coney Island-bound service from these stations, take a Manhattan-bound **(F)** to **Kings Hwy** or **18 Av** and transfer to a Coney Island-bound **(F)**.
- **(F)** customers may also consider alternate service and stations on the **(N)** and **(B)** (Q) lines.

Stay Informed

Call 511 and say "Current Service Status," look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner⁺, and sign up for free email and text alerts.



COULD YOUR LEG PAIN BE A SYMPTOM OF A SERIOUS DISEASE?

Peripheral Arterial Disease (PAD) is a serious condition that is associated with stroke and heart attack, and could lead to the loss of a limb.

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American Muslims remember Ali as hero for their faith

From the turmoil of civil rights and black Muslim movements of the 1960s to the darkest days after Sept. 11, 2001, Ali was a hero that U.S. Muslims could share with part of the American mainstream.

The death of Muhammad Ali cost American Muslims perhaps their greatest hero, a goodwill ambassador for Islam in a country where their minority faith is widely misunderstand and mis-

Muslims remembered Ali for many familiar reasons, hailing him as a champion of social justice, a lifelong supporter of charitable works and an opponent of the U.S. war in Vietnam.

Moreover, they said, he was a Muslim that a largely Christian country came to admire, even if Ali shocked and scared much of U.S. society after he joined the Nation of Islam and changed his name from Cassius Clay

"When we look at the history of the African-



American community, one important factor in popularizing Islam in America is Muham-Islam mad Ali," Warith Deen Mohammed II, son of former Nation of Islam leader, said.

With some 3.3 million adherents in the United States, Muslims make up about 1 percent of the population, largely immigrants and African-Americans who have embraced the reli-

Although they have integrated into society better than some of their brethren in Europe, American Muslims face hardships even as the United States grows demographically less white and less Christian.

Since 2001, they have suffered backlash from those Americans who

equate all Muslims with those who have attacked civilians out of some jihadist cause.

Decades before, black Muslim leaders such as Elijah Muhammad and Malcolm X rattled the white establishment as religious and ethnic minorities who demanded equality for their people. Elijah Mohammad preached a version that denounced white oppression and opposed integration of the races.

Ali came to be widely revered, but there was a time when he was rejected, mostly by whites by also by some black leaders for his bold statements against white supremacy and for his refusal to embrace the model epitomized by Martin Luther King, a

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GETTING THE SHAKES

The primaries are rattling to a close, Trump takes a licking and the White House has an honesty issue. Here are my three things to watch this week in politics.

CALIFORNIA SCHEMIN'

Make no mistake: Hillary Clinton is going over the edge this week. With a caucus in North Dakota and primaries in Montana, New Jersey, New Mexico and South Dakota, she is virtually certain to finally have enough delegates to clinch the Democratic nomination. But the California vote could still be a problem. Bernie "Relentless" Sanders has been hounding her in the Golden State, and if he beats or even ties her on Tuesday you can bet his fans will howl even louder about her alleged weaknesses as a candidate.

CRAWLING FROM THE WRECKAGE

Last week was all squealing tires and twisted metal for Republican contender Donald Trump as he skidded between blistering reports about his university, his fundraising for vets and his comments about a judge's Mexican heritage. Of course the billionaire from New York is acting like it's nothing, but keep an eye on the pundits and polls to



Opinion

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."



see if he has been hurt. You can bet Clinton will. Her fierce attacks recently produced some of her best headlines yet, and if she sees Trump bloodied it will be like Shark Week has come early.

GETTING GLITCHY WITH IT

You know your department has as problem when even the boss is calling someone's action "stupid and clumsy and inappropriate," but that's what Secretary of State John Kerry said. His biting words appeared in the wake of reports the State Department purposely edited out part of a news conference before posting it online, then — when caught — tried to claim it was an electronic glitch. The deleted portion was about the administration misleading the public over secret talks with Iran. Anyway, the House Oversight Committee wants State to explain who ordered the erasure by mid-week. Odds of them getting that answer? Let me put it this way — I suspect the Cavaliers have a better chance of hoisting the NBA trophy.



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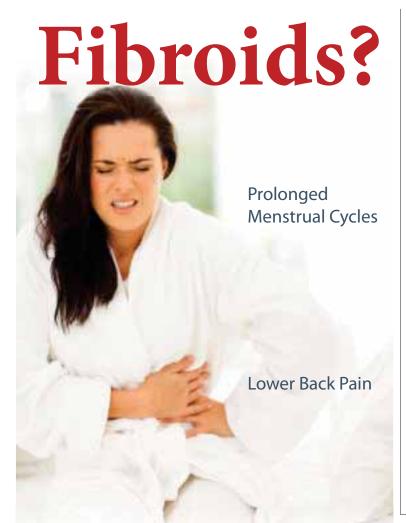
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Mexican state elections test ruling party's 2018 hopes

Mexican regional elections pose a major test for the ruling party's hopes of retaining the presidency in 2018 as discontent over corruption and impunity fuels support for the antiestablishment message of a resurgent leftist firebrand.

Voters across Mexico choose new governors in a dozen of the country's 31 states, including bastions of President Enrique Pena Nieto's Institutional Revolutionary Party (PRI) at risk of falling to the opposition after more than 80 years of one-party rule.

Election booths opened early on Sunday in oil-rich Veracruz in the Gulf of Mexico, the country's third most-populous region, which the PRI has ruled since the party's inception in the late 1920s.

Years of gang violence, mounting debts and allegations of corruption have turned Veracruz into a liability for Pena Nieto,



President of Mexico Enrique Pena Nieto GETTY IMAGES

and only thanks to splits in the opposition does the centrist PRI look to have any hope of holding onto the state.

Polls in Veracruz show the PRI in a very tight race with Cuitlahuac Garcia, the candidate of the new leftist party of two-time presidential runner-up Andres Manuel Lopez Obrador, as well as a joint ticket by the main center-right and centerleft opposition parties.

Election observers are also on the lookout for any signs of fraud or violence around voting, a common occurrence in Mexico's rough and tumble campaigns. Party representatives often go door to door during elections with money and small gifts to encourage people to vote for their candidates.

"Corruption is what's done the most damage to Veracruz, and what's done the most damage to Mexico," Lopez Obrador said on Tuesday as he campaigned in the northern state of Sinaloa.

Accused by critics of presiding over rampant impunity and misuse of public funds, Veracruz governor Javier Duarte has become such a lightning rod for anger over the political class that the PRI candidate to succeed him said last year that he was "embarrassed" to be in the same party as the 42-year-old. REUTERS

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West 4th Street hoops



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*Open label study of 21 women over 56 days. Assessment of a functional food on the quality of the skin on a panel of volun-teers, STUDY 14E3080. Centre de Recherches Biologiques et d'Experimentations Cutainees. 16.1.2016. **The Effects of a Dietary Supplement Containing Astaxanthin on Skin Condition, Eiji Yamashita, Life Science Division, Fuji Chemical Industry Co. Ltd., 55 Yokohoonji, Kamiichi, Toyama 930-0397, Japan.





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THOUSANDS of knee arthritis sufferers flock for this advanced medical

treatment - How they relieved pain while so many continue to suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the Tri-State area for this knee arthritis pain treatment and why waiting can decrease your chance to live pain free. life again

New York City that has treated thousands medical clinic with multiple locations in Downtown NYC Medical Institute is a of knee arthritis patients.

should know about the best treatments and drastically decreases your chances to live a Here is what every knee arthritis sufferer options available today. And why waiting pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain.

It might even keep you from getting total Please pay careful attention. knee replacement surgery.

What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance.

In fact, I'm going to have to ask for a bit unsuccessfully tried any (or many) other of patience from you if you have already knee arthritis pain treatments.

and the way we do this treatment that makes wanted. But I assure you there is something already tried the treatment we are going to You see, many knee arthritis sufferers had VERY DIFFERENT about the technology talk about and did not get the results they it much different.

And often gets results when many others have

the tri-state area and beyond to have their This is why patients come from all over knee arthritis pain treated here.

Would You Like Instant Proof?

eliminating the pain.

What Results Can Be Expected?

not uncommon for patients to either postpone knee replacement surgery for years... or even statistics proving what the "average" patients to expect the same results as any of our other impossible to predict results and there are no patients. But to be 100% clear - many knee can expect. Everyone is individual and gets individual results - so we never tell anyone arthritis sufferers get dramatic results. It is vary and can not be predicted. In fact, it is Like all medical treatments, the results permanently cancel it.

What Are Treatments Like?

painless. The total time of the procedure itself getting a flu shot. You walk out of the clinic is only 10 minutes and most say it is like Treatments are simple, fast and virtually just minutes after your procedure.

nstitute use advanced digital imaging so they Research shows that doctors performing joint PRECISE. If the injection is slightly off, the injections without imaging miss the joint as But There Is A BIG Problem The key can see the injection going directly into the medication will not get into the knee joint is the treatment must be EXTREMELY That's why the experts at NY Pain Md. and the treatment will not work. knee joint during the treatment.

If you had viscosupplementation without this special digital imaging without good results much as 30% of the time. this may be why.

"I cannot ask for better results"

"Hey this feels terrific"



NYC Medical Institute. I was amazed at the ease After the treatment I was able to go back to work treatment for and it's... it's like exact science. Dr. before I made an appointment with Downtown outstanding. I cannot ask for better results. with which I was evaluated and the treatment schedule implemented. The results I had at with no discomfort at all. They use a digital Dr. Stanley Weiner, M.D. - Surgeon Downtown NYC Medical Institute were Stanley Weiner







was diagnoses bone on bone about 2 years ago procedure is so basic so simple so quick in 15 minutes you are in and out. I did both legs at them replaced. Downtown NYC Medical said after looking at x-rays they could help. That went to see an Orthopedic Surgeon and he said my knees were shot and I need to get

got up out of the chair I stood up and I said,

"I feel like a new woman - It's amazing."



After I had the treatments... the last tuneup...

If you want instant proof - you can just look at all all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain

Here's the most important thing: Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did.

Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But we do get

one very common complaint.

And it is: "I wish I started this treatment much sooner." *Let's be very clear about this.* Time is the most precious thing. There is no way to slow it down - or get any back once it

All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. It's time for you to get rid of your knee pan and start living the life you want and deserve.

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and the more pain you will be in. If you wait too long, the entire knee joint will be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act RIGHT NOW: When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating fluid that decreases is called "synovial fluid." Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors precisely inject directly into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even

That's why Downtown NYC Medical Institute even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups.

Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Downtown NYC Medical Institute use several and great effort is taken to figure out what the best one for YOU is.

What To Do Next If You Are In Pain:

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These screenings are a way for knee arthritis Many of the treatments offered at Downtown one of the cutting-edge treatments offered at NYC Medical Institute are covered by many insurance plans and Medicare. Call 800-227-800-227-KNEE to schedule your screening. answered and see if they are a candidate for arthritis treatment screenings every month. 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and a limited number of complimentary knee For a complimentary screening, just call sufferers to get some of their questions Downtown NYC Medical Institute. there is no further obligation. Call 5633 to schedule your screening.

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keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more.

When I'm playing on the course I don't have

I just go right to the golf course. I'm able to

When I'm playing on the course I don't have any pain any more I don't have any aches and pain.

I'm out there playing!

"I feel like a new woman"



I came to the clinic because I was not sleeping at night. My leg was Pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night.

After the treatment I goof around with my grandchildren. I feel like a new woman. It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.



It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... it's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and I couldn't do that for years and now I'm able to do it again.

The pain was exeruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman-It's amazing.

"I am ecstatic with the results of this procedure"



One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home.

They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"



Prior the the relief center I was taking (9:30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. Since going through the procedure I can finally live. I can finally live my life.



Demi & Wilmer are 'better as best friends'

Demi Lovato and Wilmer Valderrama have decided to give their hearts a break. The "Cool for the Summer" singer, 23, and "That '70s Show" star, 36, announced on Instagram late Friday night that they've broken up. "After almost 6 loving and wonderful years together, we have decided to end our relationship," Lovato writes. This was an incredibly difficult decision for both of us, but we have

realized more than anything that we are better as best friends. She signed the letter "with only love," which pretty much sums up the pair's relationship. Drama-free and happy, they often gushed about each other openly in interviews. There's actually nothing snarky to say here, so in lieu of a pun involving Lovato's 'Cool for the Summer,' we'll just wish them



Get you a BFF like Matt Damon and Ben Affleck

Whatever else happens to Ben Affleck, he'll always have Matt Damon. The friendship that began with a shared Oscar win and all the tabloid fodder that has come along since was canonized on Saturday night, when the duo were named Guys of the Decade at Spike TV's Guys Choice Awards. Perez Hilton reports that Affleck knows just how lucky he is. "I did 'Gigli' and Matt did that Liberace movie and all of a sudden it all seemed out of reach," he said. "Then I did ['Batman v Superman'i and all of a sudden it was back in reach again." Um, you do know everyone hated that one too, right? Maybe not though — Matt's probably hiding all the bad press from him. We should all be so lucky.

Taylor Swift sings through her heartache

Nobody loves love like Taylor Swift. Just days after Swift, 26, broke up with DJ Calvin Harris after a 15-month romance, she surprised a couple in New Jersey at their wedding reception. The pair were married in a hospital because the groom's mother was sick, US Weekly reports. He's a big fan of Swift's, so his sister invited the singer to

their after-party, where she sang "Blank Space' and played her own accompaniment on a keyboard. Swift and Harris, 32, called off their relationship last week reportedly because she wanted marriage and a family, and he decided he'd rather become another cautionary tale in her latest breakup ballad. Looking forward to that new single, girl.



Save your tears for Gigi and Zayn

At least there's one celebrity relationship that didn't end last week. Model Gigi Hadid, 21, and former One Direction member Zayn Malik, 23, have not split up despite rumors they were dunzo after nearly seven months of dating, Just Jared Jr. reports. "Gigi and Zayn are still together," according to a source close to the couple. "The break-up reports are

completely false." The original report of the breakup came Thursday night from E!, whose own anonymous source blamed drama at Hadid's birthday party back in April for leading to the split. "Zayn and Gigi did break up, but they can likely get back together tomorrow," that source claimed. So until it's Instagram official, let's everyone calm down.





@Lin Manuel Ali approached each fight as a unique creative challenge and cultivated an infinite faith in himself to solve them. Writers.



@yoabbaabba Let's be real, the only reason I make movies is to constantly have good enough lighting to



@jemimakirke You know what? F-- everything. everything dies! I just lost a 3rd pair of sunglasses.



@mindykaling American President and Dave double feature at my house is the best decision I made today.



@shondarhimes U don't know what life is til u see seventeen dancing 13 and 14 year olds scream "Betta call Becky with the good hair"



@ConanOBrien It's tough this year. I'm worried Hillary's a liar, and I'm worried Trump's not.



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Andy Samberg feels bad for Bieber



Akiva Schaffer, Andy Samberg and Jorma Taccone plays former boy band members who struggle to reconnect after one of them becomes a solo star in "Popstar: Never Stop Never Stopping." GLEN WILSON

The Lonely Island boys talk about sending up the music industry with "Popstar."



Technically, Andy Samberg is a musician. He's even technically part of a hit-making band.

Fifteen years ago the "Saturday Night Live" alum formed the Lonely Island with lifelong friends Akiva Schaffer and Jorma Taccone, whose bread and butter are song parodies: "Lazy Sunday," "D— in a Box" and the jokey tunes that dot their second feature film, "Popstar: Never Stop Never Stopping."

Samberg's also married to an actual serious musician, Joanna Newsom. Surely they've never thought about combining their talents into some

strange hybrid?

"Her fanbase would probably be disappointed in that — rightfully," Samberg, now 37, quips.

'As fans of her work I'd say we'd also be disappointed," Taccone adds.

The three are here to speak about "Popstar," their follow-up to 2007's "Hot Rod." They play a broken-up rap boy band - part Beastie Boys, part Backstreet Boys. One of them, Samberg's Connor, went on to a supersize solo career, while the other two have fallen on hard times. The movie, done

as a star-studded mockumentary, finds Connor finally falling from favor himself when his latest album is poor received and his gaudy megaconcerts

start underselling. "The thing at the forefront, which I thought was fun to play around with, was how social media and media and the number of outlets have changed the landscape of the in-

explains. The y wanteď to explore what is now expected of artists · what make public, how they form relationships with their fans, how that level of

dustry,

Samberg

longtime relationships. Ît's a satire at once vicious and

fame affects their

empathetic, hating the game but not the players. (Though it reserves true ire for the staffers at TMZ.) They even feel for one of the film's obvious inspirations, Justin Bieber. "We definitely em-

pathize with Justin," Samberg says. "We've worked with him a few times and he's a good guy. We respect his music a lot, actually." There are some references to the Bieber doc "Never Say Never," but they're not potshots, Samberg says. thought that [would offer] good jumpingoff points for crazier jokes. crazier jokes. And the title, obviously, feels like his title, which makes it seem it's a lot more about him than we intended. "But I hope he

likes it!"

Mariah the hero

Making a send-up of the pop music world means lots of cameos, some of them friends they knew from their years on "Saturday Night Live." Ringo Starr was someone producer Judd Apatow hooked them up with. And miraculously they never had

to have an uncomfortable conversation with Mariah Carey, whose own attempt at crossing into movies was the notorious "Glitter." Not that she probably fretted that much over it, thinks Samberg.

"I think her recordbreaking number of No. 1 hits maybe gave her solace," because **they** can pay to have their windows replaced **a second time.**



Low-end vinyl windows and patio doors can discolor, look horrible and often have to be replaced again in just a few years.

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Sip Italian summer

Negroni Week is back with some tempting takes on the classic cocktail.



ΕΛΆ ΚΙζ @thisiskis

every cocktail gets its own special day on the foodie calendar, but the Negroni managed to wrangle an entire week - and add a charitable component.

For this year's Negroni Week — starting today and running through June bartenders from around the world are getting creative with the classic Campari-gin-vermouth

combo, like Alta Linea's summer-perfect version and Charlie Palmer's Crimson & Rye, which adds the spiced floral and berry aperitif Cocchi Rosa to their mix.

And these drinks are not just good for your happy hour mood: A portion of every Negronistyle cocktail sold goes to a charity of the bar's choice.

More than 3,500 bars and restaurants took part in the event in 2015, and we're guessing there'll be even more twists being put on the classic Italian cocktail this time around. Here are some other outstanding options around the city.





only been available in the U.S. in the past few years. In Cienfuegos' Italian Ibis, it complements the Plantation Pineapple rum that takes the place of gin for an

peel, gives Amor y Amaro's Dutch Monte a deep citrus note.

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How to use dating apps while traveling

DAVIS **EDWARDS**

Single and Swiping

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online



Summer has officially arrived, which means your next vacation may be on the agenda — and there's no better way to explore a new place like a local and with a local.

Whether you're in Barcelona solo, hanging out in the Hamptons with your crew or visiting family in Atlanta, swiping right on vacation can bring spontaneity. My clients find that swiping right on vacation — the one place when a relationship isn't likely to



Why not swipe right while on vacation? ISTOCK

happen — can help them find the fun in dating again when they are looking for a serious relationship and aren't having luck otherwise.

It can shift your perspective around what's possible in your dating life. So here's my guide to using dating apps while you're

What to download

If you're willing to spend a little dough, Tinder Plus includes Tinder Passport, which allows you to swipe on matches in another city, message them and plan dates in your destination before you land. If you're traveling internationally, try downloading Badoo, Happn, Tinder or OkCupid since they have larger memberships abroad than some other apps. But if you're more comfortable with the platform you already have

downloaded, it will likely work in any city stateside. Your GPS should update when you land in a

What to say

Once you've started swiping, it's important to be up front with your travel status. Not only will you avoid setting unrealistic expectations, but you'll also begin attracting those who are looking for an adventure. And let's face it, when you're on vacation, fun should be at the top of your checklist! Try something like, "Visiting for the weekend. What's your favorite part of the city?" Hopefully after a few messages, you'll meet there and do something fun together.

Where to meet

No matter what you do with your match, stay safe. Don't tell someone your hotel name or accept a ride from them to the date. As for what you do, go beyond the standby "drinks" date. You're in a new city — go enjoy it like a local! Hopefully, your match's recommendation will take you beyond the brochure.



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Tutors on demand? There's an app for that

Smart Alec creates a customized teaching experience.



You can stream television, order food and request a private car on demand — so why not a tutor?

That's the thinking behind Smart Alec, an app that matches private tutors and students with the click of a button — er, the swipe of a finger.

Smart Alec — the name draws inspiration from one of the most illustrious student-mentor pairings, Alexander the Great and Aristotle — matches students seeking help in math, science, the humanities and test prep using a unique algorithm that filters for compatible personality types and teaching styles.

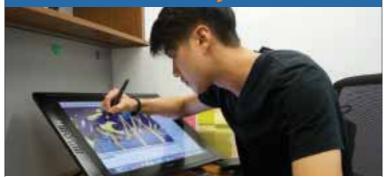
Students and parents can scroll through tutor profiles, which display a tutor's availability, video bio and hourly rate. Depending on tutor experience and subject matter, hourly rates range from \$75-\$200.

Creator Nathan Kane came up with the idea for Smart Alec after seeing the limitations inherent in tutoring companies — including the one he started and



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formerly ran, Practice Perfect.

"The vast majority of the tutoring companies out there are taking huge finder's fees," says Kane. "A tutor will be doing 99 percent of the work, and they'll only be making about 25-35 percent of what the parent is actually paying. Really, the tutoring companies are capturing a huge amount of the money that people are spending on private education."

In essence, Smart Alec takes out the middle man. The app also helps students and tutors avoid some of the other hurdles tutoring companies face, like trying to match a limited number of tutors with students who have busy schedules. It also cuts out the need for phone calls, which Kane says many students find "antiquated."

By creating an app, Kane says he hopes "students can take control of the process, and be proactive."

"Our goal is not just to match students to tutors, but also students to students, so we can actually create the ideal small group class," says Kane, who notes that they hope to add group classes down the line.

The 50 tutors on Smart Alec's roster are cherry-picked for their strong education credentials and previous tutoring or teaching experience. The company hires about 4 percent of its applicants, says Kane.

"The best tutors are also empathic," says "Often a stu-Kane. dent, especially in high school, is so stressed out and has so much going on that they just need someone to kind of be there, and listen. The way you teach a lesson on one day might be different than the way you teach it on another day, because they'll be in a different mental and emotional state. That's something that's just as important as subject matter expertise."

Like the company's namesake, Smart Alec wants to "elevate" the tutoring process and leave both students and tutors feeling fulfilled.





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Office gossip? No, thanks. ISTOCI

How rude! Why office etiquette matters

Rigid workplace rules may be outdated, but basic social graces never go out of style.



Next time you consider shouting to a coworker over the cubicle wall, think twice. Traditional etiquette might seem like a thing of the past, but old-fashioned social graces still go a long way in the office. We spoke with Daniel Post Senning, the greatgreat-grandson of etiquette pioneer Emily Post and co-author of "The Etiquette Advantage in Business" about the biggest manners mistakes in the workplace. To make the office a little more pleasant for everyone, follow his advice.

Mistake No. 1: Lack of social awareness

One of the biggest reasons workers leave their places of employment is a lack of respect or appreciation, Senning explains. "Remember that business is built on relationships," he says, "so awareness of others and how your actions impact others is essential." Small gestures

make the office a pleasant place to be. Greet coworkers with a hello when you arrive, look people in the eye and give colleagues your full attention during a conversation. And of course, always remember to say "thank you."

Mistake No. 2: Poor communication choices

"A mistake that people make is not thinking about how their choice of communication starts to become part of the message itself," Senning says. "When you get something handwritten or personalized, it says 'This really matters.' Similarly, if you text your boss about why you're not going to make the most important meeting of the year, that might not show the seriousness the situation deserves."

Mistake No. 3: Clashing with coworkers

Senning says, "People don't take enough care with their work relationships, [but] the quality of our lives depends on it." He suggests a twofold approach for dealing with challenging work relationships: Learning to have difficult conversations respectfully so tensions don't escalate, and being diligent about respecting colleagues' privacy and boundaries.

Mistake No. 4: Failure to use discretion

Office gossip is always tempting, but discussing a co-worker's personal life reflects poorly on you and the professional environment. Find out surprising information about a colleague? Do (or say) nothing, and just let it go. "Learn to let people have their private space and time and lives," Senning says.

Mistake No. 5: Carelessness about common space

"Some of the most common conflict areas are shared spaces in the office," Senning says. Failure to keep a tidy kitchen space, or loudly carrying on personal phone calls make for an unpleasant experience for everyone. Instead, lead by example. "Hold yourself accountable," he says, "maybe even to a standard higher than your own."

MALUSIS: METS WILL, EVENTUALLY, FACE TOUGH DECISION ON WRIGHT



Word came down Thursday night and was made official by the Mets on Friday that David Wright will be out six to eight weeks with a herniated disc and was headed to the DL. The news was not stunning in any way shape or form. It was anticipated.

When Wright signed his contract extension in December 2012, the Mets would not have envisioned things playing out the way they have the past few years. Unfortunately, that is the stark reality we're left to deal with. Not only is Wright signed through the 2020 season, but there are serious questions about his future ability to play the game he loves.

Will his body hold up? How productive will he be? What is the Mets' plan for the shortwill the Mets handle his eventual transition from cornerstone player to part-time player?

Wright has not been consistently healthy for the past few years. He has been a wonderful player for the Mets on and off the field since breaking into the majors in 2014. At present time, Wright is the franchise leader in 13 different offensive categories.

He has dealt with disappointing postseason losses and regular season collapses. He watched his organization cut back on spending after the Bernie Madoff fiasco. In 2011, he handled The New Yorker comments by owner Fred Wilpon brilliantly.

If you recall, in the article, Wilpon described Wright as a "really good kid. A very good player. Not a superstar." Wright did not get angry or fly off the handle, he accepted Wilpon's apology and said the comments were not a big deal. He dealt with the long rebuilding process and kept his chin up as he dealt



For all his talent and success, one can't help but feel bad for the oft-injured David Wright, GETTY IMAGES

with a lot of losing seasons.

When the Mets built Citi-Field, it was originally designed to fit the strengths of Jose Reyes as a player, you did not hear Wright complain. Finally, his, along with every Mets fans' patience in this great city finally

paid off in 2015. Finally, the Mets were relevant and Wright was back in the postseason for the first time since 2006.

Was he the same player? No. However, Wright has always represented a calming presence. When he returned last Aug. 24

after a long rehab from spinal stenosis and homered in his first game back against the Phillies, it certainly felt right as "Captain America" was back.

So that brings us to last Friday as the Mets officially placed Wright on the DL and the next two months. He has certainly struggled this season, hitting .226 with 7 home runs and 14 RBIs in 137 at bats. But before his latest injury, he had homered in three straight

You see, Wright is a Met through and through. He was drafted and developed by the team. He became a star and a captain for the organization. As much as Mets fans want to see this team win for themselves, they want to see the Mets win for one player: David Wright.

That is the very reason that it is upsetting to see his body break down the way it has. For dealing with so much, he deserved opportunities to play for a relevant team. Now, the rest of this season and his role on this team in the future is being called into question. The injury he is now dealing with will keep him out for two months. For a player that never turned the page on his Mets, the Mets might have no other choice but to turn the page on him.

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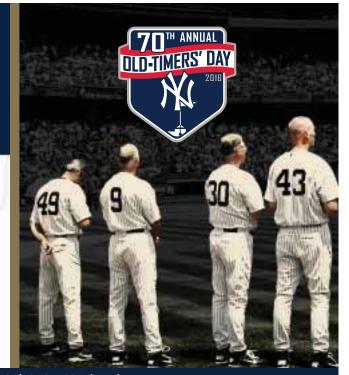






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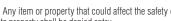
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METRO.US MONDAY, JUNE 6, 2016

30 SPORTS

eSports owner, former NBA star, actor Rick Fox 1-on-1 with Metro

Fox has transitioned from NBA champion to helping lead the eSports revolution.



Rick Fox was a key player on one of the coolest teams ever in arguably the coolest sport on the planet. The NBA has street cred like you read about, and the early 2000s Lakers led the sports world in swagger at the time.

Back then, video gamers had a certain stereotype attached to them too. Still, in some people's minds, video gamers are part of a geek" culture. Competition though is almost always "cool" and Fox is at the forefront of a competition revolution. The former NBA star, who is also an established Hollywood actor, owns an eSports team and is now one of the more prominent figures associated with eSports. Fox went one-on-one with Metro's Matt Burke and talked about the growth of eSports, how he got into it, and - of course - some NBA.

The last time I spoke with you was probably 1994. You did a speech at my elementary school. I remember you saying you wanted to become a dentist but you couldn't because of the size of your hands. Haha, wow. That's going back.

As much as I want to ask you a million question about 90s NBA, I'll try to stick mostly to eSports. How'd you get interested in eSports?
Well, I'm a video gamer at heart and it really became a connector between

me and my son. He

was going to school in

in LA and playing games

Boston and I was out



With his NBA days in the rearview, Rick Fox has forged another dream job with his involvement in the ESports world. ALL PHOTOS GETTY IMAGES

online was a way for us to connect. His passions for the video game industry grew and so did mine. We've grown with it and it's now grown to a level where you have masters of their fields and people are making a living from it. It's a new expression of pro sports.

When did it first

occur to you that

you could actu-

ally own an eSport franchise and why did you think this might be something you'd want to pursue? I was aware for awhile that ownership was attainable and that franchises were popping up. I wasn't aware at the time at how much time you had to commit to it if you wanted to do it right. You're really running a start-up company.

I thought to myself
If you're really going
to compete here, it's
gonna take a real
commitment. I have
day-to-day conversations with my team
and I'm invested in a
number of different areas

of the business. It's all consuming.

I don't think I would recommend doing this with one foot in. That's a good way to lose a lot of money. But if you're passionate and if it's a part of your life anyway and you have the ability to understand and execute a business plan ... if you're OK with being an owner and not having an impact on the actual play, then maybe it's something you should look at. It's not sitting down and playing a couple hours of Madden. It's a business.

How much does it cost to start up or buy an eSports team like this? It depends on how many franchises you choose to have expressions in. It depends on how committed you want to be in supporting your players.

It's around a million dollars just to get a slot, and then you build it from there. It's unlike owning an NBA team where you're one team in a league. Here you'll have like three teams in three major leagues that compete year-round. These are individual athletes that compete

year-round. It's about growing a global brand and that requires capital and infrastructure.

Are you a Mark Cuban type owner at these competitions? Are you going nuts from the sidelines? Haha, I think I resemble more of a Mark Cuban type than some of the other owners I witnessed in the NBA. It's hard for me at 6-foot-7 in an eSports arena to hide.

I'm always involved in the process week-to-week and I have my ear to the ground. The whole thing keeps me on the edge of my seat. It's hard for me not to track it and not be emotional.

I did a story on eSports a month or so ago and one of the big stereotypes still out there is, "oh that's just the stuff that geeks do." How are you helping to correct that idea?

First of all, I don't subscribe to it. I also don't spend a lot of time correcting other people's opinions. These eSport athletes are competitors, they're gamers.

Ĭ can't turn to the left on a plane without

seeing four or five people on their phones playing games. Everyone is gaming these days. It's a \$90 billion industry. It's bigger than Hollywood. It's bigger than TV. That might give people a greater sense of how many people are into it. Just as YouTube got everyone's attention 10 years ago, now it's gaming. You can't fight the numbers, you can't fight the analytics.

The bully mentality, people who cast disparaging comments toward video game players and people who work in the industry ... it's too much of an authentic lifestyle for me to take a second and correct such an archaic stance.

How are eSport gamers and NBA players similar? When I sit next to a pro athlete, I don't care what field they're playing in, when I sit next to one I recognize one. When I sit next to athletes we're speaking the same language. That competitiveness, that to me is the connective tissue between all athletes.

You can see it in eSports like you see it in the NBA. What separates a legendary player from a regular player? It's always from the shoulders up. Top players in eSports - it's their ability to think, to visualize, to run algorithms, to see things three stages before even the other great players see it. There are Kobe Bryants in eSports. From the shoulders up, they take it to the next level. They put in the practice time and they have a unique ability to stay focused. All of these measures – the hand-eye, the fast-twitch muscles, the delicate touch of a shooter in basketball or someone who puts their finger on a controller. It's the same thing. These athletes get each other.

Cavs or Warriors?

Warriors in 7. I always love to see a team win it all in 7. I think the Warriors win but it's hard for me to not pull for [former Lakers teammate] Tyronn Lue.

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Research study: Effects of N-acetylcysteine (NAC) in people with and without Parkinson's disease

There are a number of factors involved in the development of Parkinson's disease. One of these factors is oxidative stress in brain cells, which might be alleviated by N-acetylcysteine (NAC), NAC is currently used for acetaminophen intoxication and lung disease and can be purchased without prescription as a dietary supplement, but there is currently no FDA approval for use in Parkinson's disease

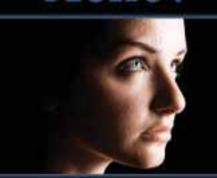
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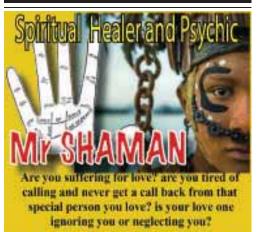
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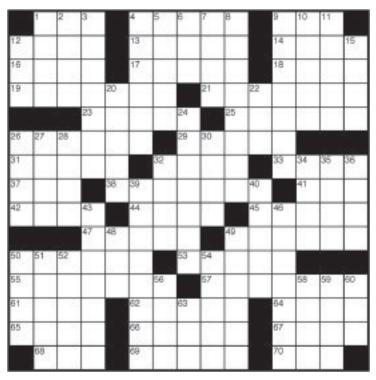
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metro.us/crossword



Across

1 Gridiron div. 4 Press agents?

9 Cheviot mama

12 Thin tie

13 A certain Friday 14 Maureen O'Sullivan role

16 — -a-brac

17 Horse handler

18 "Como — usted?"

19 Trench digger

21 Ghost

23 — Dame

25 Lets out, maybe

26 Fish baskets

29 — pie

31 Change color 32 Undergrad

33 Time teller

37 Cookie sheet

38 Moves in position

41 "- to the West Wind" (Shelley)

42 Cinch

44 Subatomic particle

45 Wyoming range

47 Sorry about 49 Quagmire

50 Cays

53 "— So Vain"

55 Go for trout (hyph.)

57 Ruined

61 Mumbai attire

metro.us /games

62 Gladiator's place

64 Wave maker

65 Small bills

66 Gross out

67 Joie de vivre

68 Mao - -tung

69 Trips around the sun

70 Monk's title

Down

1 Ibsen heroine

2 Paris cop

3 London dialect

4 Bullion

5 Harder to find 6 Plastic — Band 7 PFC superiors 8 Fellow feeling

9 Bailed out

10 Fritter away

11 Put in a log 12 Consumer org.

15 Teacup handles

20 Sank, as a putt

22 New Haven student

24 Green science

26 PC monitors

27 Bronco "brake"

28 Novelist — Ferber

30 Second word of "The Raven"

32 Created a web site?

34 Scintilla

35 Uproars

36 Hubble component

39 Ambassador, e.g.

40 Cache

43 On the money

46 Built

48 Ms. Hagen of films

49 Frescoes

50 In that case (2 wds.)

51 Bias

52 Ancient harps

54 Customer, after the sale

56 Fir

58 About 2.2 lbs.

59 Wax-coated cheese

60 Cave, often

63 It banned DDT

metro.us/sudoku

easy

				9	7	2
6		3		4	9	5
	4				3	8
	7		3	1	5	
	2	7	4		1	
3	6				2	
7	5	2		8		1
8	9	1				

hard

					6	1	9	4
			9		8	2		7
	5					8		
	1					9	7	
5		9		6		3		8
	2	3					1	
		5					4	
3		7	2		4			
4	6	1	8					

metro.us/horoscopes



Aries You'll pick up valuable information if you attend a seminar or get together with former colleagues. Don't shy away from networking. Personal change is encouraged.



Taurus Get out and attend social functions that will help you get ahead. Be bold and put your ideas on display. The interest you receive will help you move forward.



Gemini Look for the truth in any situation you face. Keeping your life simple will make it difficult for others to confuse you or lead you astray. Make romance a priority.



Cancer It's a good time to begin again. Set up interviews, offer proposals and express your intentions and plans. Dedication, determination and innovative ideas will take you very far.

Leo Listen carefully in order to avoid complaints.

Bring about changes that will help you get

involved in something that can improve your



reputation and position. Virgo Insight and experience will be required when you're dealing with demanding people. If you take care of matters yourself, everything will

Yesterday's answers



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Libra It's a good day to jump in and take advantage of any opportunity to get in on the action. You'll gain respect and bring about personal change that will help you reach your goals.



Scorpio Let your intuition lead the way. You'll instinctively recognize what's good for you and what isn't. A change at home will encourage you to explore an unusual venture.



Sagittarius You need to be shrewd when it comes to financial matters. A carefree attitude will result in a loss. Take care of responsibilities personally. An old partnership can be rebuilt.



Capricorn Putting more energy into your domestic life will pay off. Discussing your plans will help you realize them. Share your feelings as well as your concerns.



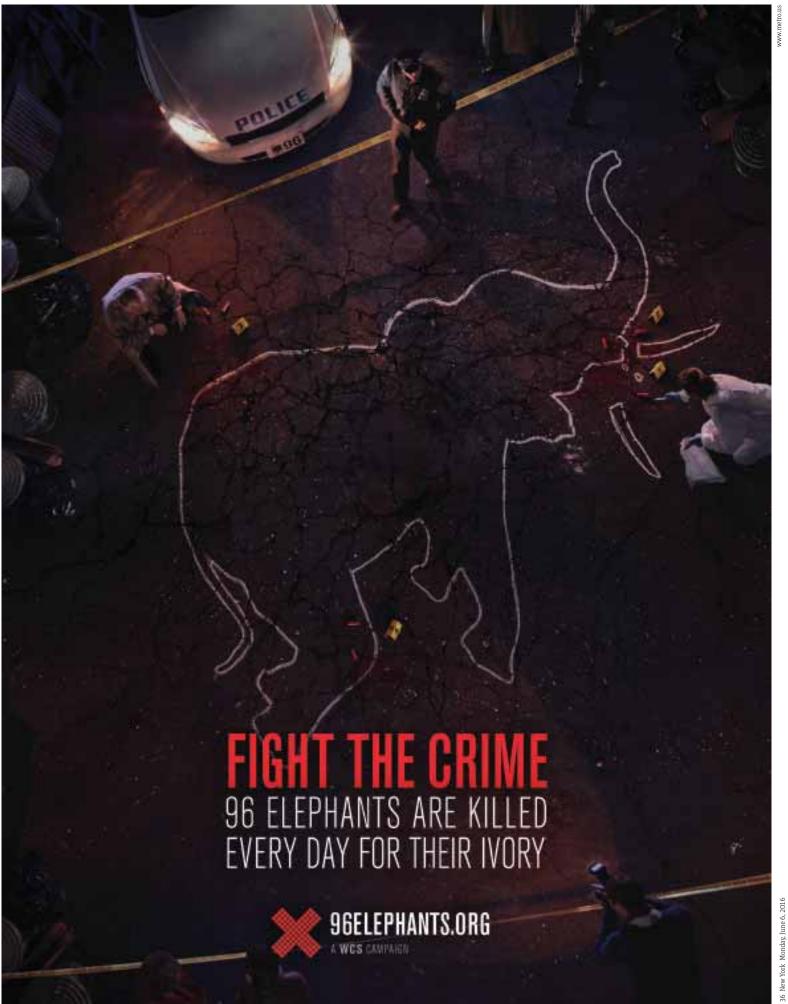
Aquarius Make plans that will encourage positive change and greater stability and bring you the recognition required to advance. It's a good day to spice up your life.



Pisces You'll face unpredictable situations if you let someone else call the shots. Take charge and make moves that suit you. Don't allow someone's tactics to hold you back. EUGENIA LAST

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Thursday, June 16 Leonard Marshall

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Friday, June 17
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What You Should Do to Be Compliant When Banking Comes

Cannabis Careers Out of College

Canadian Experience: Government, Advocates and Regulations

Now You Can Sell It, Now They Can Sue You

Cannabis Encapsulation 101

Edibles

Distribution of Cannabis Products

Action on the East Coast - Panel

Medical Cannabis Legal Primer:

Guidance and Assurance for the Healthcare Professional

Follow the Money:

Where are Investors Placing Bets in Cannabis?

How to Market a National Cannabis Brand

Cultivation Benefits of Greenhouse Growing

Mitigating Your Risk in the Cannabis Industry

Investing in a Higher Purpose:

How Your Business Can be a Source for Good

Good Manufacturing Practices - Panel

Legal Outlook for Investors and Bankers in the Marijuana Business

Evolving World of Early Stage Investing in Cannabis: Getting Paid to Wait for the End of Prohibition

Cannabinoid Therapeutics

Understanding Industry Fundamentals:

A Deep Dive Into Sizing the Legal U.S. Marijuana Market

The Final Push: Veterans' Safe Government Access

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